

## First Daughter and the Black Snake

"First Daughter and the Black Snake" is a documentary featuring internationally renowned activist, economist, Anishinaabe environmentalist, and farmer Winona LaDuke. Backbone Meaningful Movies brings this film to the big screen at Vashon Theatre as part of its monthly film series on Tuesday, February 13th at 6 pm.

The "Prophecy of the 7th Fire" says a "black snake" will bring destruction to the earth. Humans will have a choice of two paths: one scorched and one green. For Winona (Ojibwe for "first daughter"), the "black snake" is oil trains and pipelines. When she learns that Canadian-owned Enbridge plans to route a new pipeline through land granted to her tribe in an 1855 Treaty, she and her community spring into action to save the sacred wild rice lakes and preserve their traditional way of life.

Following her decision to fight Enbridge, Winona dreams that she is riding her horse against the current of the oil. Launching an annual spiritual horse ride along the proposed pipeline route, speaking at community meetings and regulatory hearings, Winona testifies that the pipeline route follows one of historic and present-day trauma. The tribe uses the pipeline permitting process to assert their treaty rights and to protect their natural resources.

Winona is Executive Director of Honor the Earth, a native-led



environmental justice organization. The film weaves a tapestry of Ojibwe life: tapping trees for syrup, harvesting the wild rice, sewing a jingle dress, defending the treaties, tending horses, and planting corn.

An internationally-acclaimed authority on indigenous environmental justice issues, Winona balances her resistance work with solutionary strategies. She leads on-the-ground initiatives that support restorative

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## The Road to Resilience Reality Check

By Terry Sullivan,

At the recent town hall, Congresswoman Jayapal said that, among her constituents, Vashonites were probably way ahead in addressing climate change. It seemed to me at that point that, if that is true, then we are in big trouble. Don't get me wrong: most of us are clearly very aware of climate change and the kinds of things we need to do to address it. I just don't think that we understand the magnitude of the changes we as a society need to make. Reduce, reuse, and recycle is a mantra that most of us are working on. The problem is that it implies that adjustments to the way we live will be sufficient to bring our carbon footprint down and to give our community the resilience it needs to maintain a semblance of the lifestyle we are now living.

I will say again that we in the US are 5% of the world population yet we use 25% of world's resources. That means that we would need 6 more Earths if the rest of the world lived the lifestyle that we live. In order to truly address climate change, we need to look to simplifying our lifestyle. Our lifestyle is a compendium of habits, and habits are hard to change, especially if the change means learning to do with less.

Let's take a look at our lifestyle. We are highly dependent on the larger society for the things we need to survive. How many of the things that you depend on can you grow, make, or repair yourself? We

probably have more vegetable gardens per capita than most places in the country, but the fact is, many of us would be at a loss if we were to have to produce our own food. On Vashon, it has been estimated that we produce about 10-15% of the food we eat. That is actually an encouraging statistic. If you consider that probably 80% of us grow very little or none of our food, then 10-15% overall means that those that do have extensive vegetable gardens are growing most of the food they eat. That means that if the rest of us applied ourselves to vegetable growing, and adapted our diets to what we could grow, we could probably grow sufficient food to get by if our food supply from off island became disrupted.

Now, 85-90% of our food comes from our grocery stores, which have a steady stream of semi-trailers arriving daily to keep the shelves full. Vashon Be Prepared estimates that we have about a three day supply at the stores if food shipments discontinue. The uncertainty of how climate change will affect the larger society in general or the economy in particular is enough reason to become more self-reliant, but there are more reasons. The industrial agricultural complex is heavily fossil fuel dependent, owned and controlled by a mere handful of corporations, and so specialized and concentrated that it is not at all resilient to any disruption. A

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## Be a VoValentine!

For 16 years Voice of Vashon has survived on love -- enormous numbers of volunteer hours, underwriting from island businesses, a few grants and generous donations from the community. This month it's the station's annual membership drive. VoV asks all islanders to be VoValentines and keep the love going by signing up as sustaining members. The campaign starts on First Friday, February 2 and runs through Valentine's Day, Wednesday, February 14.

Four years ago, the FCC granted VoV a low power FM license for KVSH 101.9FM. That license and the addition of a highly visible studio in town on Vashon Highway launched Voice of Vashon into a new and exciting world of independent community radio -- on top of TV, a robust website and the 1650AM Emergency Alert Service. Voice of Vashon has taken its place as a vital service to the island community.

"Voice of Vashon is the non-profit that supports all other non-profits on the island," said Susan McCabe, Station Manager. She continued: "We connect the community by broadcasting public service announcements, guest appearances, community forums and town hall sessions. We broadcast live VHS sports and work with student producers. VoV supports island businesses with interviews and announcements of special events, storefront openings, Chamber activities and more. VoV showcases island artists, musicians and performers."

"And we do all that on a tiny annual budget of less than \$110,000," said Rik Reed, VoV Board President. "To give you a benchmark, that's less than two percent of the \$7 million annual budget for Tacoma public radio station KNKX."

During the membership drive the station asks Islanders to go to [VoiceOfVashon.org](http://VoiceOfVashon.org) and sign up as Voice



Be Our  
VoValentine!

of Vashon sustaining members at the suggested level of \$10 a month. Every new member and every existing member who upgrades their membership not only gets to know they're keeping all VoV's services alive -- they get a gigantic Thank You cookie from Snapdragon Bakery & Cafe!

Sustaining memberships with Voice of Vashon are simple. Each member selects a monthly amount to be automatically deducted from a credit or debit card. The more monthly memberships there are, the more the organization can sustain Emergency Alert Services; Vashon-originated radio and TV programming; broadcast community arts and information events; maintain broadcast equipment and freshen the [VoiceOfVashon.org](http://VoiceOfVashon.org) website to make all programming available on demand.

No corporation, government entity or foundation owns Voice of Vashon. It belongs to you -- the island community. Now is the time for all islanders to get their share of VoV. Becoming a VoV sustaining member is like giving the island a great Big Kiss. Go to [VoiceOfVashon.org/valentine](http://VoiceOfVashon.org/valentine) and sign up.

**KVSH 101.9FM is now available on smart speakers. Just say "Alexa, play KVSH." Works for Google too. Become a Voice of Vashon sustaining member at [VoiceOfVashon.org/valentine](http://VoiceOfVashon.org/valentine) It's like giving the Island a Big Kiss!**



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of Vashon**


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**Friday, March 2, 8:30pm**  
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**Coming Soon**

*The Disaster Artist*  
Starts February 2

*David Hockney @ Royal Academy of Arts*  
February 4, 1pm, February 5, 4:30pm

*Greentech: Born to Ski*  
February 6, 6pm

*The Post* - Starts February 9

*METropolitan Opera:  
LÉLISIR D'Amour(Donizetti)*  
February 10, 9am

*First Daughter and the Black Snake*  
February 13, 6pm

*"Best of" the Seattle Standup  
Comedy Competition*  
February 14, 7:30pm

**Vashon Theatre**  
**17723 Vashon Hwy**  
**206-463-3232**  
**Call for Times**

For show times and info check  
[www.vashontheatre.com](http://www.vashontheatre.com)

Find the Loop on-line at  
[www.vashonloop.com](http://www.vashonloop.com)

**Compost the Loop**  
*The Loop's soy-based ink  
is good for composting.*

**The Vashon Loop**

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**Published every other week  
by Sallen Group**  
**Vashon Loop, Vol. XV, #3**  
©February 1, 2018

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# Get in The Loop

## Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at [editor@vashonloop.com](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

### Alzheimer’s Association Caregivers Support Group

Caring for someone with memory loss? Do you need information and support? Alzheimer’s Association family caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Meetings are held the 3rd Wednesday of the month, 1:00 pm to 2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Hwy SW, Vashon, WA 98070. For information call Regina Lyons at 206-355-3123.

### Vashon Progressive

Vashon Progressive Alliance meets the third Tuesday of every month. We focus on issues, activities and possibilities to forward the Progressive point of view. . All welcome. 19834 Vashon Highway - 6:00 to 8:00pm. Questions call 206-496-4174.

### Have a Story or Article

Send it to:  
[Editor@vashonloop.com](mailto:Editor@vashonloop.com)

Find us on Skype  
Vashon Loop  
206-925-3837

**Next Edition of *The Loop* Comes out Thursday February 15**

Deadline for the next edition of *The Loop* is **Saturday, Feb. 13**

**Want To Get Rid of That Junk Car or Truck?**  
Fees may apply, please call for information

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### Mukai Farmstead & Garden Will Have Open House

The Friends of Mukai will welcome visitors to this historic landmark at 18017 107th Ave. from 1-4 p.m. on Sunday, January 21st. You are invited to take a tour through Kuni Mukai’s Japanese garden, visit the house to learn about the Japanese American Mukai family history. Listen to stories of strawberry farming on the Island and how the Barreling Plant transformed delivery of delicate Marshall strawberries to markets throughout the country. Ask volunteers about the exciting future for this unique site.

### Vashon Friends of the Library

Vashon Friends of the Library will meet from 10:00am to noon on Saturday, June 17, in the library meeting room. Coffee, tea, and refreshments will be provided. All islanders are welcome to come and participate. Friends of the Library is a group that supports library programs for all islanders from preschool age to retirees.



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Things to Do**

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**Valentine Crafting with The Country Store**  
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### Letter editor The Loop

Vashon Island hasn’t failed a school levy in over 40 years. In the last four decades the school district has lavished its self with enrichment and opulence. The schooling industry has the people and money to run big campaigns. In the last nine years, during the Soltman administration, the school district hoodwinked the voters into spending \$57,000,000 on facilities we didn’t need. They didn’t tell you you’ll have to pay back the better part of \$100,000,000 for the bonds.

The build-up of the schools has had serious growth consequences in the last few years. More families moving to Vashon bid-up real estate prices and lengthen ferry lines. How will cramming Vashon with more people do the children any good?



Why must home owners be burdened with the tax? If the school district proposed a co-pay for enrolling children in the school, say 10% of the per student schooling cost, I would say ‘yes’ to that levy. As long as parents can enroll as many children as they please, free-of-charge, there is little incentive to prevent the next pregnancy.


No one should feel shame for voting against the school levy. It’s simply unfair. Parents should own-up and pay for any funding above the State minimum. As long as levies pass, school districts will have no incentive to find alternative funding.

Please Vote NO. You’re lucky you still have the right.  
Jeff Schnelz

## Carbon Free Vashon TOWN HALL

**Saturday, February 3, 10 a.m.**  
Vashon Presbyterian Church






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Bring your questions, learn about this important issue and hear how you, yes you, can influence this decision. The crossroads are just ahead. A decision must be made soon, and is being discussed right now. Join the discussion!

Facebook: [bit.ly/VashonClimateActionGroup](https://bit.ly/VashonClimateActionGroup)

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Send in your Art, Event, Meeting Music or Show information and get included in The Vashon Loop.  
[Editor@vashonloop.com](mailto:Editor@vashonloop.com)

**Advertise in the Loop!**  
It’s a great time to get back in the Loop.  
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Next Loop comes out February 15



# Bean-Hole-Beans



By Seán\_C.\_Malone

There is nothing more fragrant than the steam from an open pit of bean-hole-beans drifting thru camp. There were three gold colored cans in the pit and each weighed 30 pounds loaded. They were used to pack frozen strawberries in before the scouts got them. It took two or three Boy Scouts with shovels to lift one of the cans of beans from the ashes in the 4 x 6 foot hole. By sliding a shovel under the can, one could drag the beans out the end of the pit and it was hot work. Bean-hole-beans took place every summer at Camp Thunderbird off Nicholson Creek. Before Camp Thunderbird there had been Lost Camp up Shingle Mill Creek. We looked for Lost Camp, but never found it. It's probably still lost. The fire pit for the beans was dug the day before and filled with four foot logs and branches. It took hours for the boulders that lined the pit to get white hot. The lidded strawberry cans were set on the ashes and the hole covered. For hours it smoked and fumed while the beans cooked. By midmorning the smell of the ham and beans had drifted all over camp. The cooking of the beans took place at a jamboree of a local nature. Few of the Vashon scouts had money for uniforms. We stood out at the big Boy Scout Jamborees like the one at Three Tree Point, across the sound from the ferry dock on the north end of Vashon. It was where we learned to tie knots like the sheep-shank, square knot or bowline. In order to teach us that you can't push a rope, the leader laid one out on the ground and showed us how it could be used to pull things. He then asked one of us to take the other end of the rope and push it back to where it was. The rope couldn't be pushed. It just gathered itself in a series of loops. We were totally frustrated.

Near the campout, somebody shouted, "Stand back, the thing is losing its parts". There was an old guy there who had built himself a gyro or helicopter out of lead pipe. I guess they called it a gyro because it gyrated. The old man wasn't there because he was part of the jamboree. He may have come down to fly his gyro because he knew the Boy Scouts were going to be there or he just heard all the noise. We couldn't see how the thing could ever fly. It had two little red-ram-jets, fired with a spark plug and made quite a racket as the jets twisted the home made rotor blades around in a circle. It made the lead pipe affair rock from side to side, but couldn't get it up off the ground. It sounded like 50 elephants all breaking wind at once.

The Boy Scouts on Vashon weren't much for rank, more like renegades who would rather make camp and cook than earn merit badges. There were more than 30 of us. When we stood for the colors, every three-fingered salute looked different.

If you have ever slept in a lean-to out in the cold, you will understand that the open front is an invitation to the wind. At

Camp Thunderbird each patrol had a lean-to and each lean-to had a name.

The Eagles were out on the snout of a ridge. You couldn't even see the bottom of the canyon; the brush was so thick. The Panthers were on the same ridge about 100 feet toward the main camp with trails intersecting. The Bear and Raccoon patrols were on the other side of the camp from the Eagles, with the council hut in between. They didn't get much sun. The council cabin was two or three times the size of the other cabins with a covered fire pit in front of it. The shake and pole cover was 10 feet high, if memory serves me. The gate to camp was a totem pole; the Thunderbird was on top with his wings outstretched.

There were 6 or 8 guys in each patrol and each lean-to had the same number of canvas bunks or more. Uncle Bruce was our Scout leader and he worked in a shipyard where they were taking apart ships from WW II. Troop ships didn't have very fancy sleeping arrangements as the bunk consisted of a piece of canvas strung on pipes with rope. The canvas served our purposes well as we used a rectangle of poles to support it. Only the council hut had canvass bunks, the rest us slept on bare split cedar boards. Most of us had a blanket roll that couldn't keep out the cold. One scout had a black Labrador that would sleep down at the bottom of his sleeping bag and keep his feet warm. It was tough when there was snow on the ground.

The scout meetings were held at the Youth Center, which was north of town where the county library is now. We always had a big fire in the stone fireplace. A field just north of the building was mostly filled with Scotch Broom and a good place to hide when we played capture-the-flag. We stormed the hill of our enemy, little white rags streaming out of our pockets, as we stealthily crept up to the place where the flag of the enemy was held. If one of the other half of the troop, the enemy, was to grab the white rag out of your pocket, you were considered to be dead and no longer of any use. Bruce Briton wasn't called sergeant because they don't have sergeants in the Scouts. To us he was Uncle Bruce; and he taught us most of what we knew about the outdoors and at the end of the evening, the scouts would all sit around the stone fireplace with a roaring fire and listen to Uncle Bruce tell stories of boys who lived in caves at the beginning of time and how they hunted mammoths on the ice. He learned the stories from books and would always come back to the next part of the story at the end of the next meeting.

When the beans were ready we had so many mouths to feed that the people coming back for seconds were waiting at the end of the line for more.

Sean@vashonloop.com

# First Friday Local Music Series

Vashon Events is pleased to announce a new partnership with Vashon Center for the Arts to showcase local bands at the Katherine L. White Theater on First Fridays, beginning on February 2nd. In coordination with the First Friday Gallery Cruise, the concerts will tie into the theme in the VCA gallery and create a fun conclusion for First Friday activities through musical performance. The concerts will run from 8:30 to 10pm and were made possible by a generous gift from John L. Scott - Vashon, sponsor of the First Friday Local Music Series.

We are thrilled that our local bands will now have increased access to use of the Katherine L. White theater through this series that will feature local bands and musicians only. Typically, either a band will perform or three solo musicians will perform in the round. The musicians who perform will be chosen based on the theme of the art opening in the gallery. In this way, the First Friday arts theme will be extended into the art of music performance as well.

For the First Friday performance on February 2nd, two local couples will perform original songs and cover tunes. From 8:30pm to 9:15pm will be Camille and Gus Reeves aka Cherrywood Station.

Cherrywood Station is a husband-and-wife folk duo whose soulful harmonies revive great tunes from America's past with a touch of original magic. Gus and Camille Reeves, both prolific songwriters, feel a responsibility in carrying the torch of this musical legacy, but not without their own contribution! Whether singing original love songs, traditional gospel, or acoustic covers from the Motown era, their string, keys and voices will take you on a heartfelt journey through American music.

Then from 9:15pm to 10:00pm another husband-and-wife duo will perform - Kat Eggleston and John Dally.

Kat's incomparable music has dazzled audiences around the world, from intimate clubs to concert halls and festivals. Her original songs have won worldwide acclaim for their lyrical and emotional truth, while her powerful yet gently beautiful voice showcases material ranging from contemporary songs to the traditions of Great Britain and America with equal grace. Kat's passionate, sometimes humorous lyrics create



images of great conflict with arresting realism. She is a startlingly strong fingerstyle guitarist, often intertwining her songs with Celtic dance tunes arranged for the guitar.

John Dally is a composer and researcher of traditional music, playing it all on Scottish Highland, Lowland and Northumbrian pipes, whistles, and accordion. Together they have a wide repertoire of tunes and songs from the British Isles and America. Kat and John will present original and traditional music. Spontaneity is the hallmark of their performance, but listeners can always count on an evening to remember, one that will leave them deeply moved, smiling, perhaps even changed forever.

Friday, February 2nd, 8:30pm - 10:00pm  
Vashon Center for the Arts  
First Friday music series




Kat Eggleston and John Dally

**Make a date with Vashon!**  
**www.VashonCalendar.com**  
**Vashon Library Events**  
**Art & Music Events**  
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**Comes out**  
**Thursday**  
**February 15**  
  
Deadline for the next  
edition of *The Loop* is  
**Saturday, Feb. 10**








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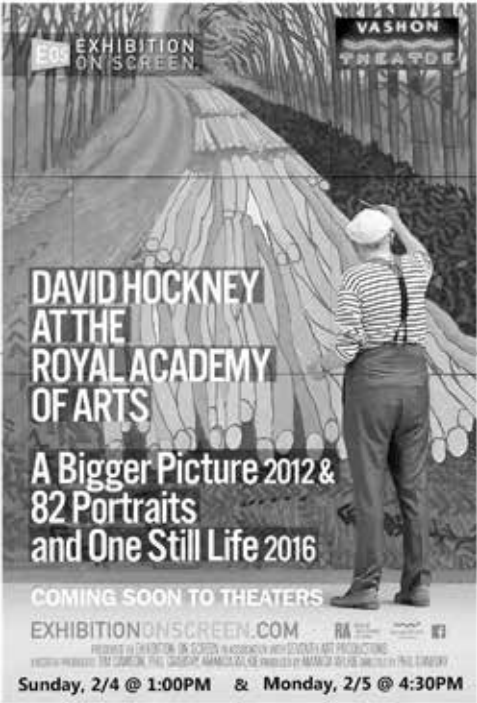
Tickets available at [vashoncenterforthearts.org](http://vashoncenterforthearts.org) | 206.463.5131



# David Hockney at the Royal Academy of Arts

Widely considered Britain’s most popular artist, David Hockney is a global sensation with exhibitions in London, New York, Paris and beyond, attracting millions of visitors worldwide. Now entering his 9th decade, Hockney shows absolutely no evidence of slowing down or losing his trademark boldness. Featuring intimate and in-depth interviews with Hockney, this revealing film focuses on two blockbuster exhibitions held in 2012 and 2016 at the Royal Academy of Art in London. Director Phil Grabsky secured privileged access to craft this cinematic celebration of a 21st century master of creativity.

David Hockney at the Royal Academy of Arts : A Bigger Picture 2012 & 82 Portraits and One Still Life 2016  
The Vashon Theatre  
Sunday, February 4th at 1:00PM  
Monday, February 5th at 4:30PM  
Directed by Phil Grabsky and presented by Tim Marlow Running time: 85 minutes  
Tickets \$9/\$8





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**First Daughter and the Black Snake**  
*Continued from Page 1*  
economies, land rights, renewable energy and local food systems. A Harvard graduate, Winona has lived and worked on the White Earth Reservation in northern Minnesota for decades, and is a two time vice presidential candidate with Ralph Nader for the Green Party.  
Admission is by donation to the Backbone Campaign; the film screening is made possible thanks to generous support from Island GreenTech and Vashon Theatre and is a pre-event to Winona LaDuke’s appearance on Vashon Island, March 10th at the O Space. Learn about the work she’s doing and the causes she’s dedicated her life to, then plan to help welcome her to Vashon Island when she visits next month.

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Next Loop comes out February 15



# World War II Japanese American Incarceration, Why it Matters Today

2018 marks the 76th anniversary of Executive Order 9066, which led to the incarceration of 120,000 innocent Japanese Americans.

Densho Executive Director Tom Ikeda will be at the Vashon Maury Island Land Trust on Wednesday, February 7th at 7 p.m. to describe how this injustice happened during a time of fear and how we are seeing similar fears appearing in America today. Tom will discuss how immigration bans, discriminatory laws, and incarceration in an American concentration camp affected his Gold Star Japanese immigrant grandparents. The public program is presented by the Friends of Mukai..

Tom Ikeda is a third generation Japanese American who was born and raised in Seattle. Tom’s parents and grandparents were incarcerated during World War II at Minidoka, Idaho. He is the founding Executive Director of Densho. In addition to leading the organization over the past 21 years, Tom has conducted over 250 video-recorded, oral history interviews with Japanese Americans. He has received numerous awards for his historical contributions, including the Humanities Washington Award for outstanding achievement in the public humanities, the National JACL Japanese American of the Biennium Award for Education, and the Microsoft Alumni Integral Fellows Award.

Densho is a Seattle-based, nonprofit organization dedicated to preserving,



educating, and sharing the story of World War II-era incarceration of Japanese Americans in order to deepen understandings of American history and inspire action for equity. Densho is a Japanese term meaning “to pass on to the next generation,” or to leave a legacy.

Friends of Mukai programs are supported by 4Culture/King County Lodging Tax Fund.



Tom’s Grandparents at Minidoka Concentration Camp

## Sofia Maria Needs A Home...

My name is very musical, isn’t it? You and I could make beautiful music together as I sit on your lap and purr. One of my other favorite pastimes is rolling around on my back. I’ve found that’s a pretty effective way of getting people to pay attention to me.

The ideal home for me is indoors because my front paws have been declawed. I’d like to be able to adore you without other pets around. Let’s start singing to each other, and maybe we’ll be on the Grammys next year!



Go To [www.vipp.org](http://www.vipp.org) Click on Adopt

## Road to Resilience

Continued from Page 1

border dispute, a drought somewhere, a fuel shortage, social unrest somewhere, or any number of other reasons could stop the flow of food to our stores. My recommendation: grow an extensive vegetable garden, learn how to cook and preserve your crop. In addition, you can buy 25# bags of staples such as beans, rice, flour, and rolled oats at Minglement. Keep them in a steel garbage can in your pantry. If you learn to eat from your pantry, you could have several months worth of food. You could start storing cases of canned food like a survivalist, but you are more resilient if you grow some of that food rather than have to buy it somewhere. The idea is to change your lifestyle. Don’t cut yourself off from oranges and chocolate if they are available. Enjoy your life, but be smarter and more resilient about your food supply.

Our progress toward smarter energy choices here is more encouraging. There are a lot of solar panels, heat pumps, and electric cars around. However, in the larger society, the continued production and marketing of fossil fuels could bring about

catastrophic climate change that would drown out our best efforts at the local level. For this reason, focusing on improving our local resilience without actively working to shut down the fossil fuel industry could be a case of rearranging deck chairs on the Titanic. Localize, but keeping your eyes on the horizon is maybe even more important.

Something you can do now is attend the Carbon Free Vashon presentation this Saturday, Feb. 3, 10am-12pm, at the Presbyterian Church. If you missed the articles in both the Loop and the Beachcomber, the purpose of the presentation is to inform you on how you can steer your electric utility, Puget Sound Energy, away from using coal and new gas-fired generation, and toward 100% renewable energy. Find out that it is a completely feasible alternative and their request for a rate increase with the State Utilities and Transportation Committee is the perfect time for us to apply leverage. You will be able to submit comments to the WUTC at the meeting.

Comments? [terry@vashonloop.com](mailto:terry@vashonloop.com)

# February is VIPP Fix-a-Cat month

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## Drama Dock announces auditions for spring play

Auditions for Drama Dock’s spring play, All in the Timing, are set for Sat. and Sun., Feb. 17 and 18. Location and times for the auditions will be announced soon. A perusal script is available at the Vashon Library. Please ask at the front desk.

All in the Timing is a series of six one-act comedic sketches written by David Ives. Michael Barker will direct Drama Dock’s production, set to open in late April. Winner of the John Gassner Playwriting Award, this critically-acclaimed, award-winning show established David Ives as a playwright

who could combine great wit and intellect with satire and just plain fun. “It’s a happy (and slap-happy) evening of mini-plays,” according to Ben Brantley of The New York Times.

All in the Timing is all about writing, language and word-play, which is not only very funny, but with “density of thought and the precision of poetry,” claims The New York Times. It is “like sketches for some hilarious, celestially-conceived revue.”

For more information, contact Gaye Detzer, [gaye@dramadock.org](mailto:gaye@dramadock.org)

# TRASH TALK

Rechargeable batteries are a wise choice over single use batteries. They provide far more hours of use than single use batteries (more for your money). And you put far fewer old batteries into the landfill, important because batteries contain toxic heavy metals such as lead, nickel, cadmium, alkaline and mercury as well as strong acids, which can leach from landfills into the ground and nearby water supply.

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**Aries (March 20-April 19)**  
There's a psychological aspect to everything; and if you're paying attention, you won't miss it. Better still, you'll benefit from the insight into what others around you are thinking and feeling; this will relate to what you are thinking and feeling. You need a concept of motivation that does not automatically involve suspicion. It's a modern mental crisis that many people assume everyone may be up to something sinister and that we are, at the same time, incapable of discerning what's really going on. Ponder that for a moment and it may start to seem like a knot that can never be untangled. The bottom line is that you need to trust yourself, which means trusting your observations and assessments of people. Cultivate a calibrated response: that is, dependable inner references that certain feelings and observations mean something, and that others mean something else. Then, leave yourself room to be wrong.

**Taurus (April 19-May 20)**  
If you remember that your intent is to serve as an agent of healing and service (said another way, love put into action), it will be obvious what decisions to make when the time comes. Once you understand the purpose of your presence, your role will be obvious. You could serve yourself and your situation well by pausing and considering just what that is. You have a role to play; perhaps an important one, which only you can do. You were called into your current situation for significant reasons; and as you connect with them, you're likely to call forth a stream of vivid memories and what might feel like past-life knowledge. You cannot put this onto your resume, though you can consider it in context. Some of your high-aptitude areas include organizing groups of people, coexisting peacefully with technology, and a rare form of emotional intelligence that's stable and dependable.

**Gemini (May 20-June 21)**  
You may become privy to sensitive information over the next few days. This could provide you with a financial advantage, or leverage over someone you know. Proceed with caution; think carefully how you use any such data, and don't hesitate to stash it in a folder in your mind. You can, however, safely use the information to guide your own decisions, and to inform your understanding of people, without saying anything. You may indeed have something at stake, though study the situation and you'll see you don't need to make an announcement. If you discover something that's directly related to the public interest, that's another matter entirely. If that is true, you need to proceed with special care, and get the advice of someone who has considerable experience handling such matters. Don't just blow the whistle. Understand all the potential implications first.

**Cancer (June 21-July 22)**  
What is good for you will be good for others. It may take some experimentation to see that what's good for others is also probably helpful to you. At least you're in a position to help define some common ground, and then work to build agreements there. The current state of the world is that just about everyone is camped out in one camp or another, thinking they have nothing in common with any other faction. The most serious issue with this situation is that it's not based in truth. As humans living on the planet, we have nearly everything in common with one another. Not only do you know this; it means something to you. Once you're at that stage, it's relatively easy to act on it. It would be wonderful if humanity as a group could tap into its collective survival

instinct. As a representative of the Divine Mother, you can help guide things that way.

**Leo (July 22-Aug. 23)**  
If you proceed with a clear plan for work this week, you will accomplish things that far exceeded what you thought were your abilities — something likely to persist for many months. This will teach you not to trust your doubts so much. I know this can be a fine line, and certain factors of your chart suggest it's been difficult to muster up your full confidence. The issue, as it shows up in your solar chart, is that lately, you tend toward self-criticism, a little more than is helpful. You don't need to do this. It's not making you a "better person." You can try an experiment, though — based on an aspect in your chart that's exact this week. When you want to do something courageous, and you take the first steps, what do you experience? Is your self-criticism a reaction connected to your desire to be bold, creative, sexual or adventurous? If so, you can let go of it.

**Virgo (Aug. 23-Sep. 22)**  
This week's total eclipse of the Moon takes place in the most mysterious angle of your solar chart, this unusual place called the 12th house. You might think of this as the secret room in your chart, where you keep all of your regrets, your secret desires, and your forgotten dreams. The eclipse will open a door for you, which will help you at once purge any dark emotions you may be holding on to, and also connect with your deepest vision for yourself. If you feel those emotions come up, do your best not to stuff them down. Acknowledge what you're experiencing, and call in the Inner Light to dispel the darkness. Say it just like that: "I call upon the inner light of my mind and offer my [fear, regret, guilt, whatever] back to the universe. I am sincere, I am clear and I am whole." Then stand back and allow.

**Libra (Sep. 22-Oct. 23)**  
What you think others think about you says a lot about how you think of yourself. And once you know that, you can start asking questions. For example, where did you get those ideas? If you read them like tarot cards, what do they say about your thought process? How does your perception align, or conflict, with what you know from factual data — for example, the gratitude that people express to you? One of the most dangerous facets of consciousness is projection. It's vital that you learn how to recognize this, and adjust your thinking. It's also not as hard as it seems, if you keep asking yourself what is real and what is not. Make it into a game. The people who love you really and truly love you. Yes, there are those who would instigate doubt, but once you know that, you can gently sidestep their influence..

**Scorpio (Oct. 23-Nov. 22)**  
Your sign is one of those most obsessed with psychology, trying to ascertain people's motives, and to understand their responses. Your solar chart suggests this has been at a peak lately. You've probably been turning this onto yourself lately, and I have a couple of suggestions to make it easier, and to give you some objectivity. When you hear yourself speak, do you usually talk about the past, or the present? Seen one way, that's all the psychology and all the spirituality you need. If you vigilantly watch that one particular binary, you'll have a lot of information to work with. Second, what do you think is funny? Do you laugh at things said that are at someone else's expense? Here's a very short summary of the psychology of laughter: Bottom line, we laugh when we feel like some danger is gone. That never needs to be at the expense of another.



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**Sagittarius (Nov. 22-Dec. 22)**  
Mars moving through your birth sign would normally be read as a selfish impulse. Mars is usually shamelessly self-serving. However, it's also approaching a conjunction to Vesta, an asteroid representing devotion and self-sacrifice. Under Mars-Vesta, your flame of love and kindness is burning bright. Allow yourself the freedom to be passionate. You can also turn that down a little, and focus on the task at hand. Just beware if you ever feel yourself getting cold; that's the one risk of Mars-Vesta. And if you notice that, pause, contemplate how you feel and reconnect with love, passion and devotion. On the other side of this, monitor your relationship to the idea of sacrifice. That's the most cautionary note of Vesta. Doing what's right, you may give something up — though it won't feel like a sacrifice. It will feel more like a gesture of offering. Proceed in that spirit.

**Capricorn (Dec. 22-Jan. 20)**  
It's been an interesting couple of weeks, with Mercury in your sign making aspects to the most powerful planets in the sky: Chiron, Uranus, Pluto and Eris, all within a few days. This is one way to say there's been a lot on your mind. You've probably made some important decisions, and you're wondering when and how to act on them. You can afford to coast a little on this; the operative fact is that you know what you want, what you need to do, and why. You don't want to act until you feel the direct inner guidance to do so, which will feel like momentum. It will feel like a wave rising within you, and that wave will carry your will, and whatever action you take will be easy. In the end, this is a matter of values. You know you're beyond investing yourself where your values are not in alignment — and that where there is an alignment, that's the foundation of a sane, honest way of life.

**Aquarius (Jan. 20-Feb. 19)**

This week, there's a Full Moon eclipse in your opposite sign Leo. Think of this as a tune-up of your relationships, particularly on the emotional level. It might feel like a pressure release, as if two spaces with different atmospheric pressures are being equalized. This will help you catch your breath and ease some of the stress that's been silently building, much of which is described by the eclipse. Two weeks later, the Moon comes back around and forms a conjunction to the Sun, in your sign — that's an eclipse in your sign. At that point, you'll have an opportunity for a personal reckoning of some kind: an assessment of what you're doing and why you're doing it. Let this inner discussion encompass every aspect of your life. However, there's no rush at the moment; when eclipses are in the vicinity, the thing to do is to steer your craft gently downstream, flowing with the current.

**Pisces (Feb. 19-March 20)**  
This week's eclipse of the Moon will remind you that you need to invest your creative energy in endeavors that fully support you back. You tend to give everything to what you commit yourself to and, as a Pisces, sometimes you forget to send an invoice. Think of this in terms of food. The effort you put into tilling the ground, and the seeds you plant, must ultimately feed you, and leave you enough to plan for the future. It's one thing to let your talent shine out, and that's one of your specialties. You will do that no matter what endeavor you choose. Now you must hold your own on making sure the refrigerator is full, that the bills are paid and, most of all, that you stay healthy in the process. The health piece is essential; without that, you have very little. Therefore, support your own strength. Support your growth. This is really possible.

Read Eric Francis daily at [www. PlanetWaves.net](http://www.PlanetWaves.net)

**Next Edition  
of The Loop  
Comes out  
Thursday  
February 15**

Deadline for the next  
edition of *The Loop* is  
**Saturday, Feb. 10**

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Island Epicure



By Marj Watkins

Soups for Winter

On these rainy, blustery winter days, there’s no food that warms you as well as a steaming hot soup. Son Steve and I have have warmed our souls and bodies with fish chowder, shrimp in coconut sauce, beef stew, minestrone, lentil and vegetable soup, and chicken in various soup and sauce modes. All it takes to complete such a meal is a side salad, a class or cup of almond milk, and a slice or two of wholegrain toast.

Fish Chowder  
2 servings

2 sole filets, or other boneless white fish  
1 cup milk  
2 Tablespoons minced parsley  
Salt and pepper to taste  
Dash paprika

Poach the fish in the milk just until the fish becomes opaque and solid. With two forks, break it into bite size pies. Add the remaining ingredients. Ladle into two soup

bowls. Serve with hot buttered toast.

Salad: Wash 4 large lettuce leaves and pat them dry between clean tea towels. Tear lettuce into pieces and put into a salad bowl. Wash and dry 2 miniature tomatoes, cut them into quarters and arrange them around the edges of the salad. Wash a cucumber. Dry it. Cut off two inches of it and dice the chunk. Put those bits into the center of the salad oil. Serve with extra virgin olive oil and your choice of vinagers, or ready-made vinaigrette or ranch dressing.

Shrimp in Coconut Milk  
2 to 3 servings

2 cups shrimp, cooked, shelled, and tails removed  
2 Tablespoons coconut oil  
1/2/cup chopped onions  
1 garlic clove, minced  
¼ teaspoon ground cumin  
1/2 teaspoon paprika  
½ teaspoon cayenne or to taste  
1 cup coconut milk  
2 teaspoons chopped cilantro or minced parsley

Heat oil in a heavy bottomed pan. Add onion. Stir-fry until onion is limp and shiny. Add garlic and stir-fry 1 minute. Add cumin, paprika, and cayenne. Stir-fry about 1 minute. Add coconut milk. Heat. Add shrimp. Stir and heat. Serve over cooked rice noodles or brown rice fettucini or steamed rice.

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The Vagina Monologues returns to Vashon

In celebration of the 20th anniversary of the V-Day Movement, a non-profit organization created by playwright Eve Ensler to stop violence against women and girls worldwide, Take A Stand Productions presents The Vagina Monologues March 20, 24 and 25 at The Vashon Theatre.

Tickets go on sale: February 1st

The Vagina Monologues is an episodic play written by Eve Ensler that addresses women’s resiliency, sensuality, and the social stigma surrounding women in relationship to their body image, bodily functions, sexuality and sexual pleasure.

When playwright Eve Ensler had completed tens of thousands of interviews with women worldwide, she wrote The Vagina Monologues and began to perform it at the Westside Theatre in New York City in 1996. The New York Times hailed her production as ‘probably the most important piece of political theater ever performed.’ Both sexually and physically abused by her father, Ms. Ensler was determined to make a lasting difference in the world. In 1998, she was inspired to create V-Day (www.VDay.org), a global activist movement to stop violence against women and girls. Raising funds and awareness through annual benefit productions of The Vagina Monologues, The V-Day movement has raised over 100 million dollars resulting in the opening of domestic violence shelters in the US, the Middle East, Africa, and

Asia. She has won countless awards for her work and The Vagina Monologues has been performed in over 48 languages in 140 countries.

Performance Times: Tuesday, March 20 at 6:30p; Saturday, March 24 at 3pm; and Sunday, March 25 at 1pm. Tickets go on sale February 1st at the Vashon Theatre box office or online at www.vashontheatre.com. Prices are \$20 for students and seniors, \$25 for general admission and \$40 for reserved block seating. This event is for mature audiences, and not appropriate for children under the age of thirteen.

The 2018 production cast consists of thirteen Vashon women. Some of whom are experienced performers and musicians, some have never been on stage, and all have a passion for the empowering message of Eve’s work. Performers include (alphabetic order) Devon Atkins, Dona Bradley, Emily Bruce, Antonia Greene, Sarah Howard, Linda Nygaard, Alexa Moncrief, Bonny Moss, Torenna O’Rorke, Cate O’Kane, Samantha Sherman, Chai Ste Marie and Jennifer Sutherland Potter.

Island newcomer, Torenna O’Rorke is spearheading this year’s production, having obtained the rights for the play and then was joined by Carolyn Shilling Gill as co-producers. Lynann Politte rounds out the team as director.

This performance is presented by Take a Stand Productions, a non-profit organization whose mission is to provide artistic experiences that

entertain, educate, empower and inspire change. Take A Stand was founded in 2017 by Torenna, Carolyn and Lynann.

Torenna O’Rorke, a mental health therapist in Eastern Washington for over 30 years, worked with high-risk clients including juvenile offenders, sex-trafficked survivors and other PTSD clients. Additionally, she has written curriculum, worked as a program director, facilitated workshops and is the author of The Astrology Mystery series.

Lynann Politte, directed and produced The Vagina Monologues on Vashon in 2002 and 2003. She mounted her original one-woman show Eve Was Framed in 2009. Having worked 25 years in the US and Europe as a corporate planner and marketer, Lynann currently is a brand strategist and promoter for experts, authors, thought leaders, and creative folks.

After her career as the General Manager of an international women’s organization on the East Coast, Carolyn Shilling Gill, CPA, brings years of facilitation, mediation, strategic planning and corporate and non-profit management experience to Take A Stand. Her passion is advocating for women and girls, as well as artists.

Take A Stand Productions envisions producing more social commentary plays on Vashon as well as film documentaries, and local theatrical workshops for teens. (www.TakeAStandProductions.org)

Birding the Arctic National Wildlife Refuge

Join us on a 12 day wilderness birding adventure along the western boundary of the Arctic National Wildlife Refuge. Called “America’s Serengeti” for its tremendous biological productivity and diversity, the coastal plain is one of the most intact and untouched ecosystems in America. The refuge is home to 42 mammal species, including more than 120,000 head of caribou; 36 species of fish, and over 160 species of birds. Many of these birds migrate to and from all fifty states and from six continents to feed and reproduce, taking full advantage of the burst of biological growth which blossoms here in the long days of the Arctic summer.

The trip begins in the rugged mountains of the Brooks Range, descending the Marsh Fork to the Canning River. Wildlife photographer Dan Streiffert lets you experience this trip through his camera with photos of the journey. The recent federal tax bill includes a provision that will open ANWR to oil drilling.



Dan Streiffert Photography

Come see the beauty of this as-yet unspoiled landscape.

Dan Streiffert is a retired Power Systems Engineer who now spends his time photographing wildlife and volunteering with both the Sierra Club and Audubon. He previously presented his photographs of Malheur Wildlife Refuge to a standing room only crowd on Vashon. (https://

danstreiffert.smugmug.com)  
Birding the Arctic National Wildlife Refuge  
7 PM, February 1, 2018  
Vashon Land Trust Building

Deadline for the next edition of *The Loop* is **Saturday, Feb. 10**



# High and Lonesome



The High and Lonesome Band is a group of friends who’ve played together nearly 30 years. They’ve been together so long that some original band members have even been replaced by their offspring. With roots firmly planted in American Ethnic music, High and Lonesome brings an intricate, tasty brew of bluegrass, blues, and Bakersfield-style country music.

Islanders will recognize John Schubert on guitar and vocals, with Tab Tabscott on

dobro and pedal steel. Will McSeveney will play the banjo, Pete Martin on fiddle, mandolin, and vocals, Terry Enyeart on bass and vocals, and Jim Bluhm on a variety of instruments.

Get ready for some good time dance music in a folky/country vein. No cover, show starts at 8:30pm, all ages until 11:00pm.

High and Lonesome  
Friday, February 16th, 8:30pm. The Red Bicycle Bistro & Sushi. All-ages ’til 11pm, 21+ after that. No cover!



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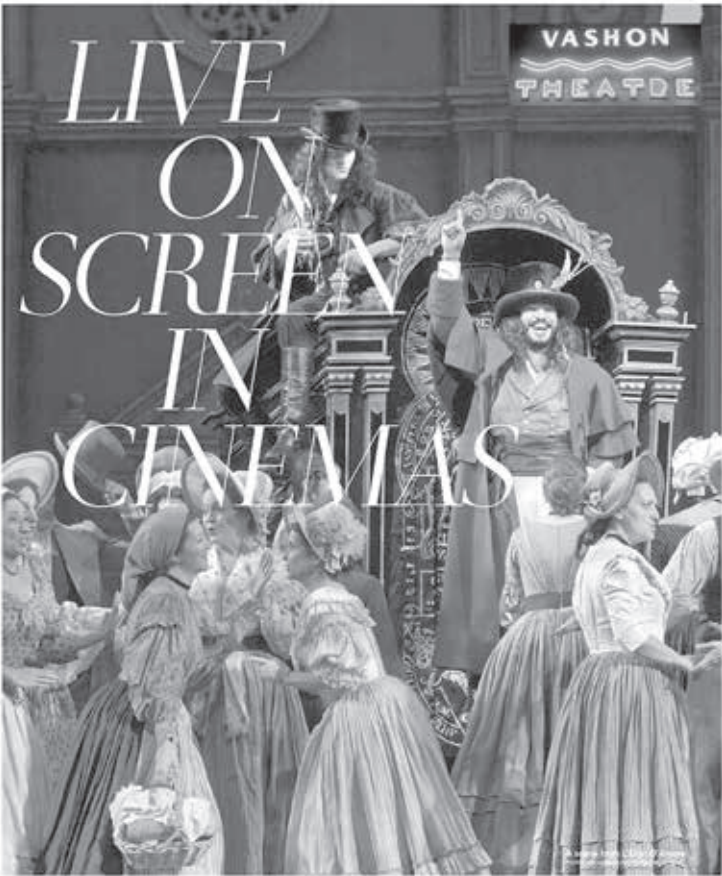
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Best of the Seattle Comedy Competition  
The Vashon Theatre  
Wednesday, February 14th at 7:30PM  
Tickets \$25

# The Metropolitan Opera: Live in HD Donizetti’s L’Elisir D’Amore



Pretty Yende debuts a new role at the Met as the feisty Adina, opposite Matthew Polenzani, who enthralled Met audiences as Nemorino in 2013 with his ravishing “Una furtiva lagrima.” Bartlett Sher’s production is charming, with deft comedic timing, but also emotionally revealing. Domingo Hindoyan conducts.

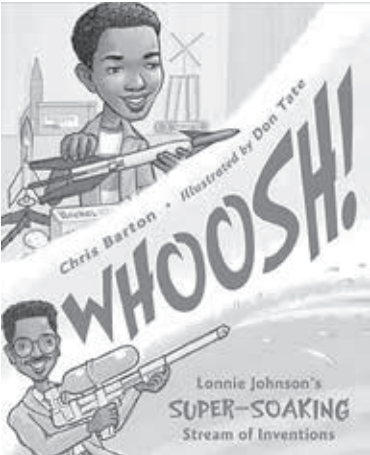
The Metropolitan Opera: Live in HD - Donizetti’s L’Elisir D’Amore  
The Vashon Theatre  
Saturday, February 10th at 9:00AM  
\$20/\$18

# WHOOSH Lonnie Johnson’s Super-Soaking Stream of Inventions

A story of a cool idea with a big splash! You know the Super Soaker—one of the top 20 toys of all time. An accidental discovery brought it into being: experimenting with a new cooling system for refrigerators and air conditioners, inventor Lonnie Johnson instead built the mechanics for the iconic toy. A love for rockets and robots was evident in Johnson’s early life. Growing up in a house full of brothers and sisters, he demonstrated persistence and a passion for problem-solving, the cornerstone of his career as an engineer and work with NASA. Yet his invention of the Super Soaker water gun made the most memorable splash in popular culture.

-Book by Chris Barton, Illustrated by Don Tate  
-Presented by Book-It Repertory Theatre

For more information and to purchase tickets, go to the event webpage at: <http://www.vashoncenterforthearts.org/event-cal/family-series-whoosh-lonnie-johnsons-super-soaking-stream-of-inventions/>  
Or call the Katherine L. White Lobby front desk at: 206/463-5131



Saturday - February 17, 2018 at 10:30am  
Katherine L. White Hall  
Lobby at VCA

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Next Loop comes out February 15

# Art History Talk: Henry Ossawa



The first African-American student at the Pennsylvania Academy of the Fine Arts didn’t plan to become a rebel but had just enough African ancestry to provoke the racism of his fellow students. Frustrated in his career, at age 32 Tanner traveled to Paris to study, and there he found success, crafting a unique style that combined Impressionist touch and academic subject matter.

For more information and to purchase tickets, go to the event webpage at: <http://www.vashoncenterforthearts.org/event-cal/art-history-talk-henry-ossawa-tanner/>

Or call the Katherine L. White Lobby front desk at: 206/463-5131. Art History Talk: Henry Ossawa Tanner. Tuesday February 13, at 11:30AM  
Katherine White Hall.  
Vashon Center For The Arts

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**Editor@vashonloop.com**



# An Evening with Paula Cole



Grammy winner Paula Cole started her career as a jazz singer and returns to pay homage to her first love of jazz and folk. Her album *Ballads* is a collection of American classics from the 1930s to the '60s, a beautiful journey to Billie Holiday and Bob Dylan, John Coltrane and Nina Simone, Bobbie Gentry and Nancy Wilson.

For more information and to purchase tickets, please visit the event webpage on our website at: <http://www.vashoncenterforthearts.org/event-cal/paula-cole/>  
Or call the Katherine L. White Hall Lobby front desk at: 206/463-5131

An Evening with Paula Cole  
Saturday - February 10th, 2018 at 7:30PM  
Katherine L. White Hall Lobby at VCA



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# Love Duets VI

One great singer can make make you lean in and listen, but when two voices come together in an inspired pairing... that is truly special. Two voices, one song.

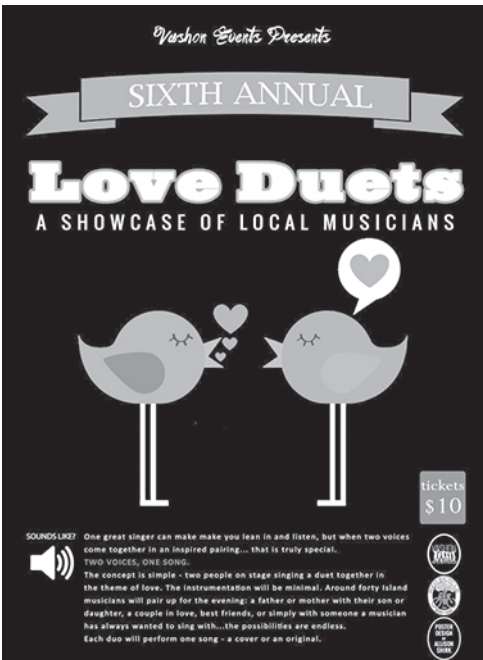
After the amazing success of the last five year's events, Vashon Events is planning a show that will celebrate the most romantic day of the year, Valentines Day. We're having it a little early this year to really get everyone in the mood for their special night with their loved ones. Once again, it will be at the Red Bicycle Bistro & Sushi. This will be a Vashon Events benefit show.

The show will be called "Love Duets VI."

The concept is simple - two people on stage singing a duet together in the theme of love. And in a true duet, both voices have equal importance in the song. The stage will be set for the evening and the instrumentation will be minimal. The focus is truly on the two voices. Around forty Island musicians will pair up for the evening... a father or mother with their son or daughter, a couple in love, best friends, or simply with someone a musician has always wanted to sing with...the possibilities are endless...

We will rotate these duo's through so there is a nice variety of music throughout the night. It'll be one song for each duo and they can be covers or originals. Musicians can bring whatever instrumentation they need for the songs, but we ask that it's very basic to make the transitions easier. No big bands, no drum kits...just two people, singing about love. It can be any combination of two people.

Proceeds from the event will support Vashon Events - Vashon Island's community arts, culture, and charity events website.



Friday, February 9th, 8pm  
The Red Bicycle Bistro & Sushi  
All-ages 'til 11pm, 21+ after that  
\$10 Suggested Donation

Here's the link to the sign-up sheet, it's quick and easy - it will take you about 2 minutes...but it will help us out in a huge way, please fill it out and we'll see you on February 9th. Set List will be determined on the order of when people signed up for the show. <http://www.vashonevents.com/formusicians/>

We think it's going to be yet another one of those magical nights of music and can't wait to see what unfolds!

Pete & Allison

## Chrissy Needs A Home

Last Christmas I used up one of my nine lives when I was found in very poor health, but now I'm doing much, much better. I like people but I also enjoy time to myself; I'm an undemanding kitty. One special thing I need, though, is insulin injections twice a day. The shots don't bother me at all, so if you can handle that and your home is calm and quiet, I'd like to spend my current life with you!



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Or give us a call 206-389-1085

## Next Edition of The Loop Comes out Thursday February 15

Deadline for the next edition of *The Loop* is  
**Saturday, Feb. 13**



**Loose Change is now booking for your summer parties.**  
**We have dates available**  
**Call Troy @ 206-794-9451**

Find *the Loop* on-line at  
[www.vashonloop.com](http://www.vashonloop.com)

**Compost the Loop**  
*The Loop's soy-based ink is good for composting.*



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